



A Personalized Approach to Wellness

Suffering From Cancer or Another Disease? Alternative Care May Be Your Saving Grace

Keep in mind that conventional (allopathic) medicine simply deals with symptoms. Allopathic doctors prescribe treatments to deal with a specific symptom, versus homeopathy or naturopathy, which seeks to identify the root cause and treat the root instead of the symptoms. Disease, for example, is but a mere "symptom" of the actual problem. If you do not identify the root cause, you will never truly cure your disease.

The following steps have been put together from many resources to assist cancer patients in improving their recovery rate and remission. While these tips are geared toward cancer patients, they will most likely benefit people with other diseases, as well. I hope you find them useful.

1. Detoxify your body. Once you get out all of the toxins, you're body can begin to heal. There are many ways to do this. You'll need to research the best one for you. Cleansing your liver and colon is very beneficial, as both can accumulate many toxins. Clay therapy can help remove heavy metals and other toxins (<http://www.magneticclay.com/index.php>). The lady who owns Magnetic Clay cured herself of stage 4 cancer using detox clays. Colonics are also great for cleansing the body because your digestive system is the foundation for a healthy immune system. If it is not healthy, you will not be either. Detoxing can be a rather painful process and best done with a professional involved, as to minimize any ill-effects.

2. Diet is EXTREMELY important.

- **Take a "quality" multi-vitamin** to fill any caps in your nutrition. Without the proper nutrition, your body's immune system will not work properly and your organs will not function properly.
- **No pesticides or hormones** (go organic).
- **No preservatives** (eat as "raw" and minimally processed as possible), keeping in mind that "cooking" food is okay, too, and sometimes best for some people.
- **"Whole" foods are best.** Fresh fruits and vegetables are of HUGE benefit and are excellent in juice form, as long as you don't have blood sugar issues.
- **Limit simple carbohydrates.** If you eat carbs, be sure they are "complex" carbs versus "simple" carbs. For example, eat whole grain brown rice instead of white rice, and "whole grain" wheat bread versus plain wheat or white. (Be aware that "whole wheat" is NOT the same as "**whole grain wheat.**") Also note that wheat is an "inflammatory" food and may not be good for some people. Russet potatoes are considered simple carbs. If you eat potatoes, eat the skins with a little potato on them versus the entire potato. A better potato would be a yam or sweet potato.
- **Remove ALL refined sugars.** Sweeten with "stevia", raw honey, pure grade B maple syrup, or xylitol.
- **NO RED meat or pork.** Both are highly inflammatory. Chicken or Turkey is better (free-range organic); but should be eaten minimally during cancer recovery. Note that dark meat has more of the "good" fats and is higher in nutrients. Fish can be okay if **wild caught** and low in mercury. No shell fish, which can contain more toxins.
- **No dairy** (except butter and occasionally organic yogurt).
- Eat **super foods** with phyto-chemicals, like spirulina, which help cleanse your body and boost your immune system. There are also many other natural supplements you can use to boost your immune system.
- Eat **LOTS of dark, leafy greens**, which contain chlorophyll and are rich in vitamins and minerals.
- Take **Omega-3** supplements, which are important cell membrane building blocks and can prevent disease and improve disease recovery. There are also many other supplements that can aid in recovery from a specific disease. Talk to your naturopathic/homeopathic doctor about them or research them on your own. There are plenty of books about natural cures for disease. You can



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also get some info from the web...just be sure to cross-check it, as you can't always trust what you read on the internet. Best to consult a Naturopathic Doctor and/or Master Herbalist.

- **Do NOT use non-stick cookware.** Teflon (or like substances) is extremely toxic and not only emits harmful toxins into the air when heated; but also adds them to your food.
- **Do NOT use aluminum cookware.** Aluminum causes Alzheimer's disease. [Alternative Cookware.](#)
- **Do NOT eat or drink from plastic or Styrofoam** containers, both which contain harmful toxins.

3. Remove toxins from your home.

- Switch to **non-toxic** home and personal care products. Cleaning products are the worst; but also consider that bath/body products and skin care/cosmetics introduce toxic chemicals into your body through your skin. Rule of thumb: If you can't eat it, don't put it on your body! Your skin is the largest organ in your body and absorbs everything you put on it.
- Remove all carpet from your home. Carpet contains formaldehyde (a known carcinogen) and a host of other harmful chemicals. Plus it harbors dust, mold, and bugs.
- Do not purchase any new furniture unless it is "green" (eco-friendly). Pressed wood and fabric furniture contains formaldehyde.
- Consider the type of home you are living in. Is it old? Is it new? In either case, you could be dealing with some very toxic substances (like lead, mold, formaldehyde, and other toxic chemicals). Get professional help when moving into an old home. There are many tests that can evaluate toxicity levels. With a new home, you're getting new materials with high levels of chemicals. Best to let the home air with windows open for a month prior to moving in. Or, better yet, build a "green" (eco-friendly) home.
- Use "**Zeolite**" (a natural rock) and **Salt Lamps** to remove existing toxins in your home. You can also keep certain **plants** like aloe, chrysanthemum, fig, and spider plant around to filter toxins.
- If you must bring in something new to your home, paint, tile, or do any type of home improvement, be sure to leave the home while these things are being done. Air the home, and use the natural filters above to reduce the levels of toxins. Air purifiers will also help in these cases.
- Do NOT use pesticides for ANY reason!!!

4. Go to acupuncture and/or energy therapy (like Reiki) regularly. Believe it or not, these techniques have cured people and/or minimized pain and other negative affects caused by disease, including cancer. Energy is a phenomenon many people don't recognize or understand. However, it is a FACT that we are all comprised of energy, and that energy is constantly flowing thorough us. If certain "portals", so to speak, are closed, the energy is then blocked. These blockages cold eventually cause illness and disease. Unblocking these passage ways will help the healing process. If you think this is wacky, try it!!! I am quite certain you will be amazed at the results. Massage therapy is also very helpful in removing toxins and blockages.

5. Finally, but yet foremost, **your mind is the most powerful organ in your body.** Given the proper tools, you can heal yourself. This is far more in depth than what can be covered here. However, using positive thinking and prayer, along with the four key elements above may yield miraculous results.

Note that if you do only one or two of these things without the others, your chances of survival are far less and the chance of recurrence is much higher. It's like deciding to exercise, but continuing to eat hamburgers and French fries every day -- you're just not going to get the same results. Getting well is not easy; but it certainly can be accomplished with determination and dedication. **Aren't you worth it?**



For more information about these steps to recovery and prevention, or to schedule a health evaluation, please contact [Gina Van Luven](#), Holistic Health and Nutritional Counselor. Gina is trained in a wide variety of health issues, alternative treatments and dietary theories, in order to help you make the best choices for your unique situation and create the optimal plan to help you reach your wellness goals.

So, here's to a healthy, happy YOU!!! =~)